



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09088, Elderberries, raw

Report Date: June 30, 2017 04:46 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 145g
Proximates					
Water	g	79.80	--	--	115.71
Energy	kcal	73	--	--	106
Energy	kJ	305	--	--	442
Protein	g	0.66	12	0.042	0.96
Total lipid (fat)	g	0.50	--	--	0.72
Ash	g	0.64	12	0.025	0.93
Carbohydrate, by difference	g	18.40	--	--	26.68
Fiber, total dietary	g	7.0	--	--	10.2
Minerals					
Calcium, Ca	mg	38	--	--	55
Iron, Fe	mg	1.60	--	--	2.32
Magnesium, Mg	mg	5	--	--	7
Phosphorus, P	mg	39	12	2.132	57
Potassium, K	mg	280	12	10.027	406
Sodium, Na	mg	6	--	--	9
Zinc, Zn	mg	0.11	--	--	0.16
Copper, Cu	mg	0.061	--	--	0.088
Selenium, Se	µg	0.6	--	--	0.9
Vitamins					
Vitamin C, total ascorbic acid	mg	36.0	--	--	52.2
Thiamin	mg	0.070	--	--	0.102
Riboflavin	mg	0.060	--	--	0.087

Nutrient	Unit	1			1 cup 145g
		Value Per 100	Data points	Std. Error	
Niacin	mg	0.500	--	--	0.725
Pantothenic acid	mg	0.140	--	--	0.203
Vitamin B-6	mg	0.230	--	--	0.334
Folate, total	µg	6	--	--	9
Folic acid	µg	0	--	--	0
Folate, food	µg	6	--	--	9
Folate, DFE	µg	6	--	--	9
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	30	--	--	44
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	600	--	--	870
Lipids					
Fatty acids, total saturated	g	0.023	--	--	0.033
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.018	--	--	0.026
18:0	g	0.005	--	--	0.007
Fatty acids, total monounsaturated	g	0.080	--	--	0.116
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.080	--	--	0.116
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.247	--	--	0.358
18:2 undifferentiated	g	0.162	--	--	0.235
18:3 undifferentiated	g	0.085	--	--	0.123
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000

Nutrient	Unit	1			1 cup 145g
		Value Per 100	Data points	Std. Error	
	g				
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.013	3	--	0.019
Threonine	g	0.027	3	--	0.039
Isoleucine	g	0.027	3	--	0.039
Leucine	g	0.060	3	--	0.087
Lysine	g	0.026	3	--	0.038
Methionine	g	0.014	3	--	0.020
Cystine	g	0.015	3	--	0.022
Phenylalanine	g	0.040	3	--	0.058
Tyrosine	g	0.051	3	--	0.074
Valine	g	0.033	3	--	0.048
Arginine	g	0.047	3	--	0.068
Histidine	g	0.015	3	--	0.022
Alanine	g	0.030	3	--	0.043
Aspartic acid	g	0.058	3	--	0.084
Glutamic acid	g	0.096	3	--	0.139
Glycine	g	0.036	3	--	0.052
Proline	g	0.025	3	--	0.036
Serine	g	0.032	3	--	0.046
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Flavonoids					
Anthocyanidins					
Cyanidin ^{2 3 4 5}	mg	485.26	94	31.53	703.63
Petunidin ³	mg	0.0	55	0	0.0
Delphinidin ³	mg	0.0	55	0	0.0
Pelargonidin ^{3 5}	mg	0.0	56	0.02	0.0
Flavonols					
Isorhamnetin ³	mg	5.4	55	0.54	7.9
Kaempferol ³	mg	0.6	55	0.06	0.8

Nutrient	Unit	1			1 cup 145g
		Value Per100	Data points	Std. Error	
Quercetin ^{2 3 4}	mg	26.8	93	1.78	38.8
Proanthocyanidin					
Proanthocyanidin dimers ¹	mg	10.6	1	--	15.4
Proanthocyanidin trimers ¹	mg	5.6	1	--	8.2
Proanthocyanidin 4-6mers ¹	mg	10.8	1	--	15.7
Proanthocyanidin 7-10mers ¹	mg	0.0	1	--	0.0
Proanthocyanidin polymers (>10mers) ¹	mg	0.0	1	--	0.0

¹Wu, X., Gu, L., Prior, R. L., and McKay, S. Characterization of anthocyanins and proanthocyanidins in some cultivars of Ribes, Aronia, and Sambucus and their antioxidant capacity, 2004 J. Agric. Food Chem. 52 pp.7846-7856

²Kaack, K., and Austed, T. Interaction of vitamin C and flavonoids in elderberry (Sambucus nigra L.) during juice processing., 1998 Plant Foods Hum. Nutr. 52 pp.187-198

³Lee, J., and Finn, C. E. Anthocyanins and other polyphenolics in American elderberry (Sambucus Canadensis) and European elderberry (S. nigra) cultivars., 2007 J. Sci. Food Agric. 87 pp.2665-2675

⁴Veberic, R., Jakopic, J., Stampar, F., and Schmitzer, V. European elderberry (Sambucus nigra L.) rich in sugars, organic acids, anthocyanins and selected polyphenols., 2009 Food Chemistry 114 pp.511-515

⁵Wu, X., Gu, L., Prior, R. L., and McKay, S. Characterization of anthocyanins and proanthocyanidins in some cultivars of Ribes, Aronia, and Sambucus and their antioxidant capacity, 2004 J. Agric. Food Chem. 52 pp.7846-7856